



From month 2: Learning through everyday moments

Everyday moments build neural pathways

Why:

The best experiences are real life learning with you.

Interpreting everyday moments as purposeful play helps us to reframe our adult understanding of play and learning.

Babies learn by seeing how things work in the real world. Neural associations are being built in your baby's brain with each and every experience they have.

How To Do It:

·Your home provides plenty to talk about and describe to your little one

·Start the tour at the same place each day like the front door to create routine and help baby feel safe and secure. Find a phrase that works for you like 'Hello World'

·Bring your baby close enough to focus on an interesting object. As long as they're engaged give them time to observe

·Name things for your baby in simple language: 'That's the kitchen'

·Find all the places where there is water. Turn on and off all the lights. In the beginning you can do the light switch for them, later your baby can practice herself

Tip: Young babies may get over-stimulated and fussy quickly and that's okay. Interpret that to mean the tour guide is over – try again later!

